

acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

April 2007

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am -5pm. Telephone number is 978-264-9643.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.town.acton.ma.us, Click on Departments then on Senior Center.

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► Wellness University

Saturday, April 28th, 9:00-4:00 at Parker Damon Building, 5 Charter Rd.

The Acton Board of Health, Acton Council on Aging, Acton Recreation Department and Acton Public Health Nursing Service are pleased to announce the First Annual “Wellness University”. Wellness University is designed to address the health and wellness needs of Acton residents aged 50 and older. The day’s programs will focus on different aspects of wellness ranging from the physiology of aging, changing sleep patterns, the aging brain, healthy eating, emotional transitions, relationships, spirituality, fitness and much, much more. The educational aspect of the day will be complemented by an exhibit area available throughout the day for information on local health and wellness services as well as information on health care, fitness, nutrition and other age appropriate topics. Lunch will be provided to attendees. Wellness University is funded through the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic. Additional funding and resources provided by Emerson Hospital. Please contact Debby Mozzicato at the Acton Council on Aging at 978-844-2574 or email dmozzicato@acton-ma.gov if you have any questions or to register. Registration, which is FREE, will be taken on a first come-first served basis!

► Achieving a Healthier State of Living: Is Living with your Chronic Condition Preventing you from Really Living?

Tuesday, April 10th, 1:00 - Introduction and registration for this Chronic Disease program for adults of any age who are living with one or more chronic conditions. Can you share what you know and are you eager to learn from others who are experiencing similar challenges? If so, take advantage of this unique opportunity. Group members will make a commitment to meet for 6 weeks on Wednesdays starting April 18th, 12:30-3:00, at the Senior Center. This program was developed by researchers at the Stanford University Medical Center and is offered by the Mass Dept. of Public Health and the Acton Council on Aging. For more information call Carol Steiner at the COA at 978-264-9643.

**** Please look on page 10 for the Care Management Presentation on April 26th. ****

**Registration for NEW Classes and Programs begins Monday, April 2nd at 12:00 noon.
You may stop in or call to register.**

All Classes and Programs are held at the Senior Center unless otherwise noted.

CLASSES/GROUPS/PROGRAMS

NEW FOR APRIL/MAY.....SIGN UPS BEGIN APRIL 2nd at 12:00 NOON!

► **Watercolor with Sue Nordhausen**

Tuesdays, April 3rd through April 24th, 1:30-3:00

Instruction geared to students of all levels on both class and individual projects. Areas covered include composition, color qualities and light and dark values. Materials list available in the COA office.

► **Watercolor and Drawing with Cynthia Durost**

Wednesdays, April 4th through June 6th, 9-10:30

This class will work in still life, spring floral landscape and portraits.

► **Masspro, the Medicare Quality Improvement Organization for Massachusetts**

Wednesday, April 4th, 12:30

As Beneficiary Outreach and Mediation Coordinator at Masspro, Ellen Pothier's mission is to help MA Medicare beneficiaries learn about the rights and protections built into the Medicare program so they can better navigate this complex healthcare system. Come learn more about how Medicare is changing to meet the needs of beneficiaries.

► **Elderhostel Program**

Monday, April 9th, 1:00

Whether you want to stay close to home or venture around the world, you will find programs that meet your interests, activity level, budget, schedule and lifestyle. Elderhostel offers more than 8,000 learning adventures in the United States and 90 other countries around the world. Join us for this informative program.

Friendly Visitors

Tuesday, April 10th, 1:00

Joanne Fontaine of Pro-Active Elder Care will be with us to talk about working with seniors with memory issues. Please call Carol to let her know if you will attend. Please mark your calendar to meet in the computer lab.

Ruth Harcovitz, "A Celebration of Rodgers and Hammerstein"

Wednesday, April 11th, 1:00

A graduate of the New England Conservatory, Ruth has studied in Europe at the Vienna Academy of Music and was then engaged by the Santa Fe Opera, The Opera Company of Boston, Opera New England and others. Come enjoy Ruth's sparkling soprano voice as she entertains us with songs featured from "Oklahoma", "South Pacific", "The King and I" and more. She was last at the Senior Center in 1997 so give her a warm welcome back. Funded by the AB Cultural Council.

► **A Taste of German Opera**

Tuesdays, April 17th and 24th, May 1st, 15th and 22nd, 12:30-3:00

From Beethoven's "Fidelio", "arguably the greatest of all operas" as one commentator said, through Richard Strauss's "Der Rosenkavalier", "the opera from which you learn all you need to know about life" as another writer has said, to the very scary "Hansel and Gretel" plus a surprise TBA, here is a class that will be a delight from beginning to end. Extremely good and colorful films accompany a complete presentation of all the operas along with the insightful comments by the leader of the group, Martin Segal.

► **Men's and Ladies Breakfast**

Friday, April 20th, 9:00

Join us for a generous pancake and sausage breakfast! Call the COA by Wednesday, April 18th for a reservation. Cost is \$2.00.

Computers for Beginners

Mondays in April, 10:00-11:30

Class topics are: April 2nd - Understanding the Desktop, April 9th - Using Word Processing, April 23rd - Navigating the Internet and April 30th - Using Email. Come once or come every week.

► **Indicates that you must sign up in advance!**

CLASSES/GROUPS/PROGRAM

NEW FOR APRIL/MAY (continued)..... SIGN UPS BEGIN APRIL 2nd at 12:00 NOON!

► **Individual Computer Instruction**

Beginning the week of April 30th through early June

Whether you are a beginner, intermediate, advanced, PC or Mac user, we have a teacher for you. Classes are held one-on-one and are designed to meet your particular needs and interests. (If you anticipate missing 2 or more classes, please consider registering for a future session.) All students must fill out a registration form available at the COA office. A \$10.00 administrative fee for the 5 classes is requested. Please contact Jean Fleming for scholarship assistance. Registration deadline is Wednesday, April 18th. Space is limited so don't delay.

► **“Compare and Contrast: Schubert and Schumann, Rachmaninoff and Debussy”**

Mondays, May 7th and May 14th; 1:00 – 3:00

Presented by Framingham State College and the Center for Lifelong Learners. Through lecture and piano demonstration, Ms. Alice Wilkinson will compare and contrast the late classical style of Schubert with the romantic style of Schumann. In the second session, she will present a comparison of the late romantic music of Rachmaninoff and the impressionistic music of Debussy.

The New England Wagtime Dancers

Tuesday, May 8th, 12:30

Three members of the New England Wagtime Dancers, a musical canine freestyle team, will be performing for your pleasure following the Mother's Day Lunch at the Minuteman Meal Site. Canine Freestyle is dancing with your dog to music and is affectionately known as “doggie dancing”. The owners choose the music, choreograph the routines and teach the moves to their four footed friends. The newest team, who will be performing for us, has been doing freestyle for a year and a half. Please join us for the wonderfully fun and fresh program! Sign up for the lunch by calling the meal site. See page 6 for lunch details.

► **Indicates that you must sign up in advance!**

TRIPS/OUTINGS

The Wright Museum – World War II Home Front in Wolfeboro, NH

Tuesday, May 15th

Travel with us to the Wright Museum and the World War II years of 1939-1945. Interpretive exhibits and interactive displays bring to life the American experience on the Home Front including student life in the 40's, sports, entertainment and fashion, recycling and rationing, 1940's home display and much more. After the museum tour enjoy your choice of grilled chicken with sauce, grilled sirloin strip or fish and chips at 51 Mill Street restaurant and then shopping on your own in the quaint town of Wolfeboro, departing at 3:30.

COST: \$35.00 includes bus, museum admission, lunch and gratuities

DEPART: 9:00am Nagog Woods Office Park – end of drive at cul de sac

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment is required two weeks prior to the trip, unless otherwise noted. If payment is not received in time, your name will be removed from the sign-up. Your check will return if you can't go, and if your place can be filled. For multiple trips please make separate checks for each.
3. Checks should be made out to: The FRIENDS of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton.
4. Parking for trips is at the end of Nagog Woods Office Park Rd. Enter from Rte. 2A/119 at Bickford's Restaurant and follow the road to the end. See the parking lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

Raised-bed Vegetable Gardens Available

The Growing Places Garden Project in Harvard is taking applications for gardens complete with soil, seeds, and tools. If you are a low income resident of Acton and would like more information about getting your own garden call 978-771-2377 or 978-501-4964 or email them at staff@growingplaces.org.

ONGOING CLASSES/GROUPS/PROGRAMS

ONGOING ACTIVITIES.....SIGN UP IF NECESSARY!

Drop-in Mah Jongg and Mexican Train

Tuesdays in April, 12:30, No meeting on April 10th

► Bridge Class with Electra Coumou

Mondays through April 30th, 10:00-12:00

► Spanish for Beginners

Thursdays through May 24th, 1:00 – 2:00

Computer Club

Tuesday, April 24th, 10:00-11:30 and/or Wednesdays, April 4th and 18th, 1:30-3:00 (No club on April 10th)

The club is open to all computer users from the novice to the experienced. Come as often as you'd like.

► Beginner's and Advanced One-Stroke Decorative Painting with Donna Lynch

Class on Mondays through April 9th, 9:30-11:00, then Drop-in Mondays, April 23rd through May 21st

► Pool Lessons

Wednesdays in April, 1:00-4:00

Lessons and free play for all levels of pool players. Bring a pool cue if you have one.

Acton Senior Quilters

Wednesdays, 10:00-12:00

Self-directed group meets to work on various group and individual projects. Quilters of all levels are welcome.

Knit/Crochet

*Monday, April 2nd, 9th and 30th and Friday, April 20th, 12:30-2:00 *Please note the new days.*

This great group of gals enjoys knitting and crocheting and always enjoys welcoming new crafters.

Genealogy Group

Friday, April 13th and 27th, 1:00 – 3:00

If you are interested in your ancestry please join this group in the Senior Center living room. Newcomers are always welcome!

“The Bookies”

Monday, April 23rd, 1:00

The book of the month is The Worst Hard Time by Timothy Egan, the untold story of those who survived the great American dustbowl. You don't have to read the book to join the group and learn something about it!

Pool/Ping Pong/Poker

Daily, 12:30 for pickup pool and ping pong and Fridays, 1:00 for poker

New players always welcome! Check the calendar in office for conflicts with programming for the dining room.

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:00-3:00

MaryJane Costello will help you navigate the confusing world of health insurance. Please call the COA office to schedule an appointment. SHINE is managed and funded by the MA Exec. Office of Elder Affairs.

► Indicates that you must sign up in advance!

Senior Center Art Display

Many thanks to Acton residents and artists Connie Ingram and Joy Ivanov for their shared art show in the Senior Center living room during the month of March. In April we welcome Sarah Mickunas, also an Acton resident, who will present her work as well as her mother's. On Wednesday, April 4th at 2:30 we invite you to an opening reception to meet Sarah and enjoy her art. The center is open 8-5 but please check the calendar or call ahead to make sure the room is available for viewing the show.

SENIOR CINEMA

Thursday's at 12:30

- **Thursday, April 5th, "The Illusionist"** - A stage magician who amazes the audience of turn-of-the-century Vienna attracts the attention of the Prince's intended, as they recognize each other from childhood and a dormant love affair is rekindled. PG-13
- **Thursday, April 12th, "Mrs. Palfrey at the Claremont"** - All but abandoned by her family in a London retirement hotel, Mrs. Palfrey (Joan Plowright) strikes up a curious friendship with a young writer.
- **Thursday, April 19th, "A Good Year"** - London-based investment expert Max Skinner (Russell Crowe) travels to Provence to a small vineyard he inherited from his late uncle. A determined young California girl arrives claiming she is the illegitimate daughter of the deceased uncle and rightful owner of the vineyard. PG-13

STAYING FIT

Stretch and Flex with Terri Zaborowski

Mondays through June 18th, 8:30-9:30

Senior Cardio-Flex with Terri Zaborowski

Tuesdays and Thursdays, 8:30-9:30 or Wednesdays and Fridays, 8:30-9:30, through the week of June 17th

Beginner to Intermediate Stretch and Tone with Terri Zaborowski

Tuesdays and Thursdays, 9:45-10:45, through the week of June 17th



Are You OK Program

Would you be reassured if you received a call everyday at the same time? Maybe the "Are You Okay?" program is for you. This telephone reassurance program is being offered to any Acton resident who would benefit from a daily scheduled contact for a "well-being" check. To enroll in this free service call Carol Steiner at the COA.

Thanks to the Acton Lions Club!

The annual St. Patrick's Day luncheon was just as delicious as ever! Ninety Acton and Boxborough seniors enjoyed a traditional corned beef meal with all the fixings and great entertainment. We are always so grateful for the generosity of the Lions Club and for the energy they bring to the Senior Center through this festive luncheon! The Lions Club mailing address is PO Box 2391, Acton, MA if you wish to send a personal note of thanks.

Long Life Family Study

Boston University Medical Center and BU School of Medicine is conducting the "Long Life Family Study" interested in exceptional longevity that runs in families. **Families with at least two living siblings over 80 years of age may be eligible to participate.** There is no cost to participate and subjects do not have to travel to Boston. The research project is approved by the Elder Rights Review Committee at the Executive Office of Elder Affairs and the Institutional Review Board at Boston University Medical Center. They are HIPPA compliant. Brochures are available at the Acton COA, by calling 1-888-333-6327 or from the website: www.longlifefamilystudy.org.

Annual Town Meeting

Monday, April 2nd, 7:00pm in Room 204 at the Town Hall

In recognition of religious observances the annual town meeting will be called to order and immediately move to adjourn the meeting to **Monday, April 9th at 7:00pm.** The April 9th meeting will be at the ABRHS Auditorium.

Minuteman Lunches

Minuteman Lunch is served Monday through Thursday at 11:45. Requested voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before you wish to come. Call the COA at 978-264-9643 for transportation, if needed.

- **Spring Lunch** will be on **Wednesday, April 4th**. Please call by April 2nd for a reservation.
- **April Birthday Lunch** will be on **Wednesday, April 11th**. Anyone celebrating an April birthday is welcome to make a reservation to join us for a complimentary lunch funded by The Friends of the Acton COA.
- **Mother's Day Lunch** will be on Tuesday, May 8th. Please call by May 4th for a reservation.



**The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund.
Contact Jean Fleming at the COA for information.**

Good Neighbor Energy Assistance

Program – Guidelines for this Salvation Army Program are listed below. Please call Carol Steiner at the COA for income guidelines for larger families or to apply.

<i>Household size</i>	<i>Maximum gross income</i>
1	19,600 - 26,950
2	26,400 - 36,300
3	33,200 - 45,650

Citizen's Energy

Help with a delivery of reduced cost heating oil.
Call 1-877-563-4645 (1-877-JOE-4-OIL).

AARP Free Tax Preparation

The American Association for Retired Persons is sponsoring a free tax preparation service for low and moderate income taxpayers, through mid April.

Call the Acton Memorial Library at 978-264-9642 for an appointment. A big **THANK YOU** to AARP tax volunteers, Bob and Marian Evans, for their assistance to so many seniors this year.

South Middlesex Opportunity Council (SMOC) Low Income Home Energy Assistance Fuel Assistance -

Need help paying your heating bill? New applications for 2006/07 fuel assistance are being taken through April 30th. If your yearly gross household is at or below the amounts listed, you may qualify for some fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information.

<i>Household size</i>	<i>Maximum gross income</i>
1	\$ 19,600
2	\$ 26,400
3	\$ 33,200
4	\$ 40,000

(Call for income guidelines for larger families)

Circuit Breaker State Tax Credit

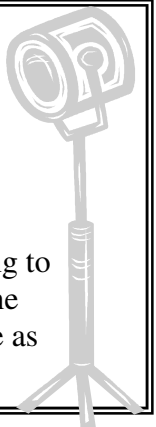
We encourage all seniors to be sure to apply for the Circuit Breaker Tax Credit if you are eligible. Eligibility information is available in the COA office.

Telephone Tax Refund

A one-time refund is available for any long-distance telephone service for the period after Feb 28, 2003 and before Aug 1, 2006. This refund is available even if you don't typically file a federal tax return. Forms in the COA office.

Volunteer Spotlight

Nancy Hartwell, one of our regular volunteers, first started coming to the Senior Center soon after her retirement. Nancy has lived in Acton since 1965 and she raised her 6 children here. As a nurse's aide Nancy worked for Suburban Manor for 13 years, then did similar work for a private home care agency until her retirement. Nancy joined our quilting and knitting groups offering her growing skills toward donating projects to help others. You may remember her gorgeous felted wool purses that were in the Friends craft sale last year! A frequent participant in our classes and programs, Nancy is always willing to pitch in at the noon lunches and whenever she is needed throughout the week. We know that if someone new comes to the Senior Center Nancy will extend a warm welcome and encourage them to participate as she has herself. Thank you Nancy!



SENIOR VAN SCHEDULES



The Acton COA van is available Monday through Friday to all Acton seniors (age 60 and over) and disabled younger Acton residents. Reservations should be made weekdays 8:00-12:00 by calling 978-264-9643. Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to call at least one day in advance, sooner if possible. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available to Acton senior citizens Tuesday, Wednesday and Thursday, 9:00-3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as the COA van.

AROUND TOWN...

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 5th at the DPW Garage, 14 Forest Rd., 9:00-11:30

A list of acceptable items for collection can be obtained at the Health Department Office, Transfer Station and Acton Library. This collection is for Acton residents only, and proof of residency is required. Residents who wish to dispose of TVs and CRT's (computer monitors) will be charged \$25 per unit. Cash or check made out to the Town of Acton will be accepted. Please contact the Acton Health Department at 978-264-9634 with questions.

27th Annual Senior Conference with Senator Pam Resor

Thursday, April 19th, all day at Assabet Valley Regional Technical High School

Join Senator Resor for workshops, health screenings and informational booths. For information call 508-786-3040.

Acton Recreation Department

NARA Park is the place to be this summer! The Air Force's Liberty Big Band will be coming in addition to other concerts, sports like "cardio tennis", a golf tournament and many family events. Trips to Red Sox games, Block Island, etc. will be offered. Registration forms and more information can be found on the Recreation Department page of www.acton-ma.gov or stop by the Recreation Dept. in Town Hall.

Acton Women's Club

Mary Cassatt and the Impressionists, Sunday, April 29, 4pm at St Matthew's Methodist Church, 435 Central St. Actress, author, director and producer Robin Lane portrays 19th Century artist Mary Cassatt. Tickets are \$15. For more information, call 978-263-4989.

► 2007 Aleppo Shrine Circus in Wilmington, MA

Friday, April 20th Call the COA office for free tickets. No transportation is provided for this event.

Acton Area League of Women Voters: "Global Warming"

Thursday, April 26th, 7:30 at RJ Grey Junior High School

"Global Warming: What's Ahead for the Northeast and What Can We do to Change the Course" – discussion by Nancy Cole, Deputy Director of The Global Environment Program for the Union of Concerned Scientists.

AARP Safe Driver Safety Program at Emerson Hospital

Tuesday, May 1st and Thursday, May 3rd, 10:00-3:00

Call 978-287-3085 for more information on this classroom refresher course for drivers 55 and over.

Acton-Boxborough Community Education

Trips are planned to New York City, Tanglewood and Maine Lighthouse tour. Details are in your Spring *Interaction*. Call Community Education at 978-266-2525 to register.

Concord Players

"She Loves Me" – April 26th, 8:00pm - Free dress rehearsal. Call the Concord Players, 978-369-2990.

Jury Duty Scam

Citizens have been reporting calls supposedly from court officials claiming that they have missed jury duty. The “official” demands personal information such as social security numbers and birth dates. The courts NEVER contact jurors by telephone. Please report any suspicious calls to the Office of Jury Commissioner, 800-843-5879.

COA Volunteer Opportunities

- Handymen/Electronics Specialists
- Friendly Visitors
- Workshop Leaders
- Newsletter Mailers: once a month
- Quilters: once a week informal
- Office Support: set hours, 2 hour min., basic skills required
- Wheel-A-Meal Drivers: always looking to add both regular and substitute drivers

If you are interested in these or any other volunteer jobs, call Carol Steiner at the COA.

SHINE...

SHINE Websites: www.medicare.gov , www.massmedline.com , Medicare Advocacy Project: 1-800-323-3203

HEALTH NEWS...

Masspro Website at www.masspro.org – for information about Medicare beneficiaries and providers. It also links to resources and tools to support ongoing initiatives.

Medicare “Compare” Websites

Home Health Agencies Compare – www.medicare.gov/HHCompare/Home.asp

Hospital Compare – www.hospitalcompare.hhs.gov

Nursing Home Compare – www.medicare.gov/NHCompare/Home.asp

Medicare Prescription Drug Plan Finder at www.medicare.gov/MPDPF

Alzheimer’s Disease Services

- **Alzheimer’s Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.;** 978-318-0046. Provides adult day health and Alzheimer’s day programs.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.

Support Groups

- **Alzheimer’s Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4th Wednesday of each month in the early evening. Contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523 ext.104 for more information.
- **Life Care of Nashoba Valley**, 1st Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512
- **Caregivers support group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information.

Information and Referral Service: toll free 1-877-211-6277 (1-877-211-MASS) is a statewide collaboration of local United Ways and the Mass. Assoc. of Information and Referral Specialists (MAIRS) that recognizes a need for people to access information on health and human services programs and agencies.

Healthcare Websites

- **Alzheimer’s Association** sponsored website for people who care for a loved one with Alzheimer’s disease. Enter info about your situation at www.alz.org/carefinder and get a customized report with recommendations and questions to ask care providers based on your needs. Future care giving issues can be addressed as well.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org. For information on services in the long term care continuum, i.e. financing, area specific care locator service and guides to selecting nursing or assisted living residences.

Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

SENIOR CENTER CLINICS

Hearing: Thursday, April 12th, 1:00-3:00

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. Please call to register.

Podiatry Clinic: Tuesday, April 10th, 8:15-11:00

Offered through the Acton Public Nursing Service. The clinic provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides such basic services as an evaluation and nail clipping. The \$20 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. Call 978-264-9653 for an appointment.

Blood Pressure & Wellness Clinic: Tuesday, April 10th and 24th, 9:30-11:30

The Acton Public Health Nursing Service will continue to offer a free wellness clinic at the COA but has changed the dates & times. A Registered Nurse will be available to check blood pressure, pulse, or weight, answer any medication, nutritional, exercise or health related questions. No appointment is necessary.

Save Paper and Postage - Receive our Newsletter by Email

If you are interested in receiving your newsletter by email and NOT by snail mail please send your name, home address and email address to jpeters@acton-ma.gov. I will send you a confirming email in response. Thank you for helping us save some trees, time and money.

► Care Management: Creating Caring Solutions for Older Adults and their Families

Thursday, April 26th, 1:00-2:30

Joanne Fontaine and Michele Hughes of Pro-Active Eldercare

It can be overwhelming to try to juggle work, family and care giving for loved ones. Navigating the health care system, identifying resources and accessing those resources can be time consuming as well as confusing. Geriatric Care Managers (GCM) can help navigate the system. The Professional Geriatric Care Manager is focused on maintaining the well-being, independence and dignity of elders and dependent adults, while balancing the special needs and problems of those who care for them. This presentation will discuss the role of the care manager and how you and your loved one can benefit from their expertise.

ACTON COA STAFF

Jean Fleming, Director
Carol Steiner, Outreach/Volunteer Coord.
Debby Mozzicato, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assist
Ron Paskavitz, Van Driver
Steve Ryan and Peter Colby, Sub. Van Drivers

ACTON COA BOARD MEMBERS

Stephen Baran, Chair
Edwin Carell
Barbara Cantrill
Anita Dodson
Pat Ellis
Bill Ely
Gena Manalan, Vice-Chair
Mike Gowing
Sally Thompson
Barbara Tallone
Paul Turner

The Acton COA Board will meet on Tuesday, April 17th at 3:45pm at the Senior Center.

ACTON COUNCIL ON AGING
Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested

PRSRT STD
U.S. Postage Paid
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Permit #67